MAT

SEPT

The Worlds Leading Wrestling Journal

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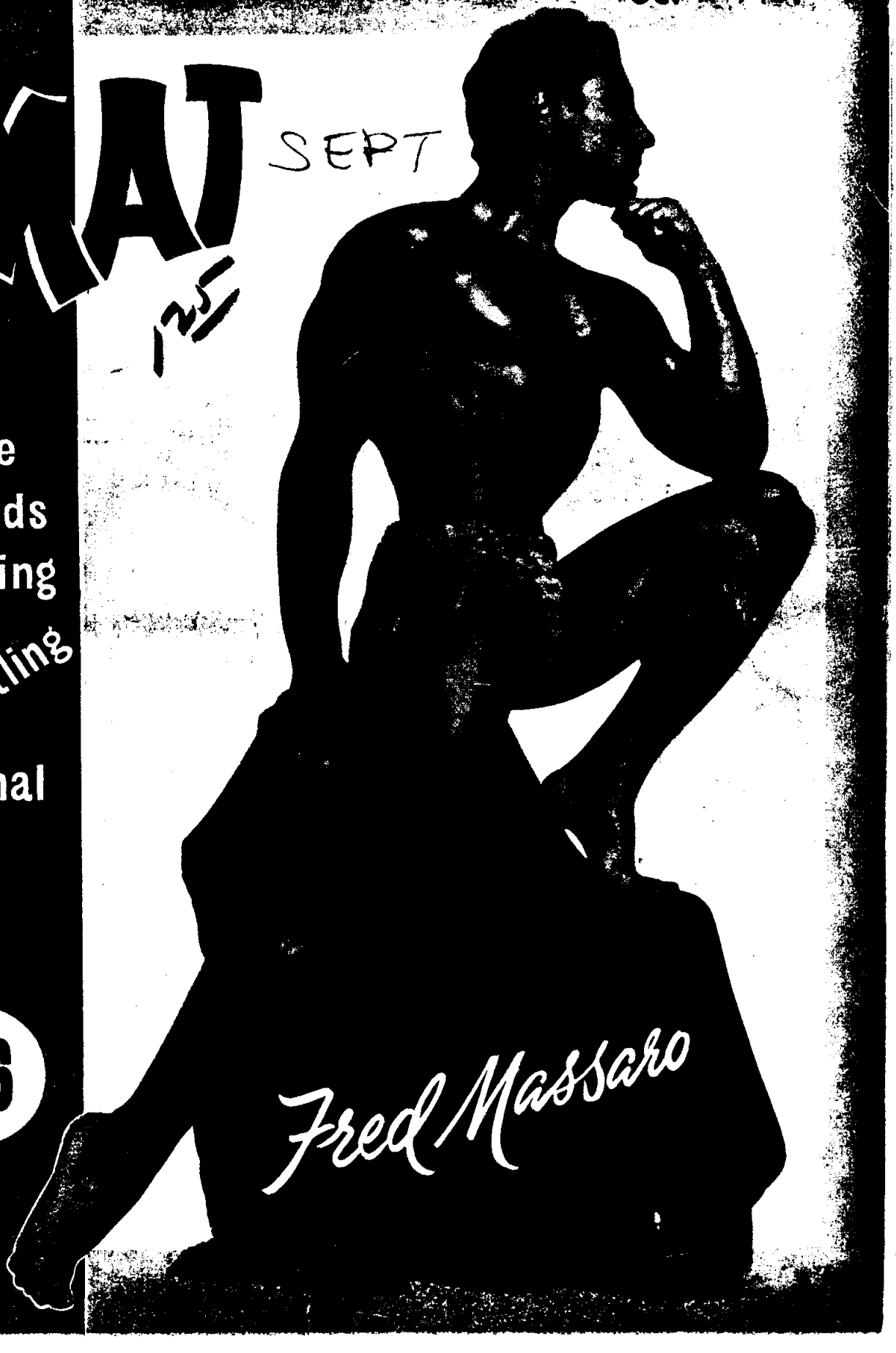


Fred Massaro

How to keep fit though a Travelling Salesman

by Norman F. Berry

THERE must be thousands of physical culturists, weightlifters, strongmen, wrestlers, etc., who because of their work have to be away from their homes for weeks on end and even if many of them have cars the difficulty of carrying expensive and cumbersome equipment is a problem very few care to face.

I have consulted many of my wrestling friends and sought the advice of some well-known modern bodybuilders as to how they meet this travelling problem. I have discovered that mannequins also have to keep fit and retain the lissomeness of their figures and their help has proven they follow the lines of their sterner brothers—the Masculine Sex.

One and all seem to agree that the oft-despised Chest Expander is the most popular, the lightest and the most unobtrusive piece of apparatus to have stuck in one's suitcase.

Made of elastic or even steel strands a chest expander can offer very little annoyance to the most exacting or severe landlady. It is silent in operation yet adjustable like barbells to give a Mr. Universe or Miss Britain the maximum resistance to the muscles of the body.

It is not known that among devotees of the Expander are such internationally known bodybuilders as John Grimek, Steve Reeves, Eifferman, Stanko, Ed. Theriault, etc., who have all at some time or other used the expander in their bodybuilding schedules.

The amazing physique of Theriault (our poseur) owes not a little of its development to the assiduous use of the handy apparatus he is shown demonstrating with.

Give each exercise ten repetitions and perform the whole set three times—use a resistance that does not tax your muscles too much in the first set—remember by the time you have reached the third set the muscles will have been given a thorough "going over."

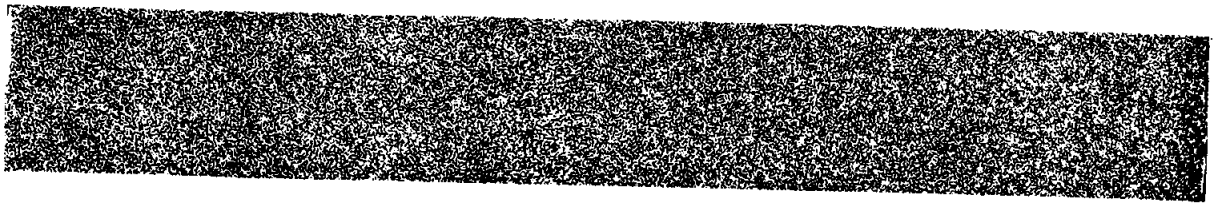
EXERCISE 1. Take up position as in Fig. 1 and stretch expander to position in Fig. 2.

EXERCISE 2. From position (Fig. 2) of last exercise follow the movement through to illustration No. 3. Do this movement with the right side also.

EXERCISE 3. From position shown (Fig. 4) extend right arm to full stretch but perform this one up to fifteen repetitions—it is a wonderful triceps developer. Repeat with the opposite arm.

EXERCISE 4 (illustration No. 5) shows the finish of the exercise. Start with the expander held directly in front of your shoulders, elbows locked, then stretch expander till arms are fully extended in line with shoulders and not above as shown in illustration.

EXERCISE 5. With expander "fixed" under sole of the foot and arm fully extended forward stretch the expander till arm is directly overhead—repeat with other arm.



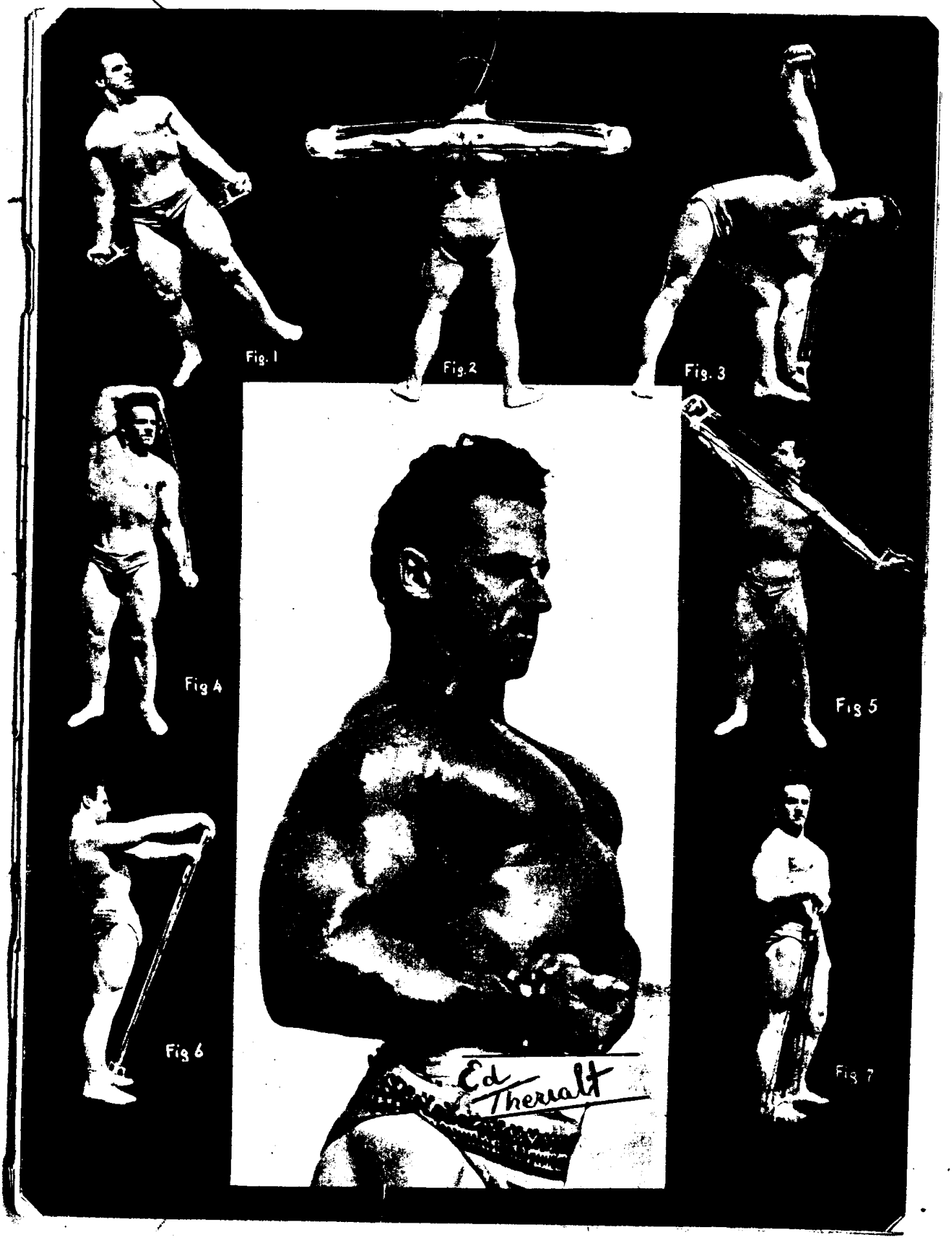
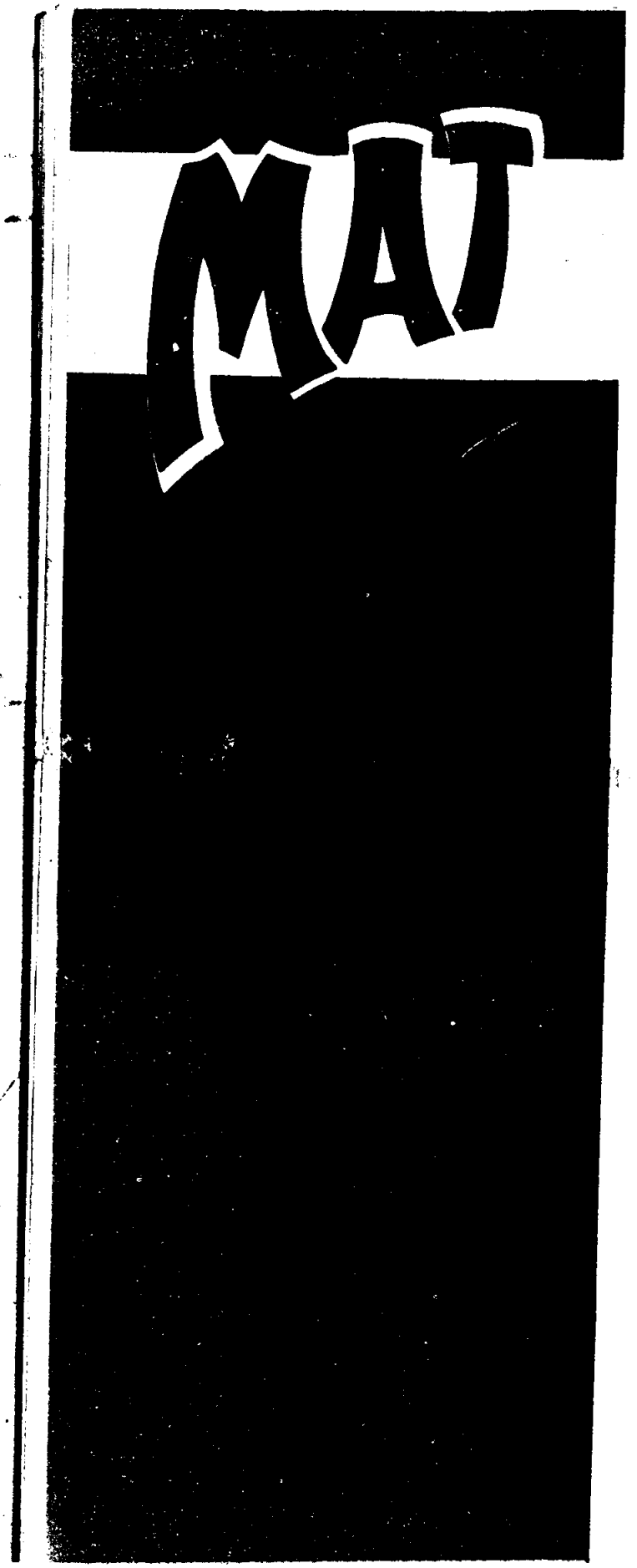


Fig. 1
Fig. 2
Fig. 3
Fig 4
Fig 5
Fig 6
Fig 7
Ed Theriault



For Wrestling & Physique Enthusiasts

Editorial

BALDWIN WINS BRITISH TITLE.

BIGGEST event for years in Britain wrestling took place at Middlesbrough last month, when Ernest Baldwin, the well known Yorkshire heavy, gained a one-fall verdict over the brilliant Newcastle star, Dave Armstrong, in a title bout held under the Admiral Lord Mount-Evans Rules. A packed stadium witnessed fifteen rounds of some of the finest wrestling the sport has ever presented, and it was not until thirteen rounds of move and counter-move by both men that Baldwin succeeded in notching the odd fall that was to make him the British Heavyweight Champion. The wild applause that greeted his victory was not only a tribute to his popularity and scientific wrestling style, but was also a tribute to his opponent, Dave Armstrong, whose wrestling has stamped him out as one of our greatest men.

When we asked Ernie if he had any comments to make after the contest, all he would say was, "Naturally, I am very pleased to have won. Armstrong is a great wrestler. When round twelve arrived I realised that unless I made a slip then a draw was probably on the way up. I figured that Dave was feeling the strain as much as I was, and that there was also a chance of him making a slip too. It was a great day for me, as I have always hoped to carry the title off."

There is not much to choose between these two wrestlers as many readers will know. Both are great matmen. The outstanding thing about the champion is his steady reliability and dependence on his ability to wrestle and to stay the pace against the best. Time and again he has proved the master of many foreign invaders and also of many British wrestlers who have, perhaps, a more glamorous appearance in the ring, but who cannot hope to match their skill against this dour Yorkshireman who keeps his eye on the main chance and his mind on the job. In Ernest Baldwin we have a champion whose record speaks more eloquently than any praise we can give him, for his reputation is based on actual performance in the ring and not on the ramblings of publicity men.

The Championship Belt of the late Douglas Clark has been offered to the Board by Mrs. Douglas Clark, to be presented to the Champion. This has been gratefully accepted, and rightly so in our opinion, for it keeps in the mind of all wrestling fans of to-day, the memory of one of the finest men who ever trod the mat anywhere, and one who did so much to make wrestling the sport it is to-day. Mrs. Clark will present the belt at Huddersfield in the very near future, and it is fitting that it should go to a man who received quite a lot of his training from Douglas himself.

SKY HY LEE, massive cowboy wrestler, takes a buffeting from YVON ROBERT in a Montreal tag match. Lee is a match for the best, but had the misfortune to be left with two to handle, a very tough assignment in wrestling!!

British Newsreel

Chic seems to be giving Doug. Relwyskow a demonstration of how he holed out in 56. And enjoying the joke is the Rev.————no, it isn't, it's Egyptian heavyweight Hassan Ali Bey.

GEOFF PORTZ, South African star who is setting tongues wagging with his fine displays in Great Britain, always keeps himself in tip-top condition, and is keen on weightlifting.

CHIC WHITTINGTON.

JOKE of the Month starts this column this time. Writing in the "Sunday Dispatch" of October 21st, Tony Horstead, after an account of his interview with the recently-arrived **PRIMO CARNERA**, stated "The real tragedy is that it had to be all-in wrestling which restored him from the pit into which boxing had thrown him." A much more real tragedy is that a leading sports columnist should not know that not only has there been no "all-in" wrestling for over twelve years, but that wrestling has always treated its exponents in far kinder a manner than any other sport. It is a hard game, true, but broken limbs mend, while broken minds and blinded eyes are permanencies.

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Recent visitor to these shores was the internationally famed STANLEY KAROLYI, Hungarian-born American, who claims the light-heavyweight championship of the world. He has changed very little from the hard-cored wrestler that he appeared to be before the war, and has lost none of his skill.

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One of the South's favourite wrestlers is **JOHNNY WILLIAMS.** He is not only a fine wrestler, but an all-round athlete of the highest oorder. Soouth-East London has certainly produced some grand wrestlers—**FRED UNWIN, VIC COLEMAN, PERCY PITTMAN, KEN WILSON, STEVE LOGAN**—I think I shall find out why, and then write an article about it . . . . .

Trust this column to pick the stars! When I wrote about JACKIE PALLO last winter, I had only seen him in the gym. I put him into print because I believed he would make good, and as a direct result he did so. He has been going well, and also takes a hand at refereeing now and then. Makes you feel good when you spot the right ones, doesn't it. I wish I could do it on the pools!

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NORMAN THOMAS has been having a bit of trouble with blood-poisoning. He turned up to wrestle at one hall with a hand like a bunch of bananas, but refused to allow the promoter to put a substitute in. They are tough, these mat boys.

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Judging from the reception that he received at Lime Grove Baths a bit back, CHIC PURVEY, an all-action Scot, could do with being seen at a few more Southern halls. His clean but strong wrestling should take him far.

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Six-foot three and a half inches is a good height, and between top and toe there is a good deal of wrestling ability, when the height belongs to recent Australian import, **RAY HUNTER.** Getting to know Ray is not too easy, for he is a shy sort of character. Once talking, however, he discussed the theatre, ballet, opera, motors, and even a little wrestling. His hobby, he told me, is, believe it or not, saving his money—or trying to. Why didn't you pick on something easy, Ray—like the Indian Rope Ruse?

Another recent convert is 22 year old **AL SHERRY** whose first contest I saw from the ringside. He made quite an impact on the public, as well as upon the edge of the mat, for he finished the bout with his eye pouring some of the healthiest red blood I have seen since meat rationing started.

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When, at the opposite ends of London, **LIME GROVE BATHS** and **WEST HAM BATHS** open up, the Cockney knows that winter is come. To show his delight, he has flocked to both these popular halls in great keenness, and many other halls report good business. This year's casualty is the popular old-time home of wrestling, the **CALEDONIAN ROAD BATHS**, where old-timer **BILL SHELTON** will not be giving his usual series of tournaments owing to municipal interference. Thus, one of the keenest of all sporting crowds—and most definitely one of the wittiest—has been robbed of its own sport, and the robbery has been paid for by their own money—the rates. Now tell me it isn't a funny world.

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There is every chance that, this time next month, the world will have proved itself even funnier. For the events that make it so, look at this column, and see for yourself. Bye-Bye, for now, fans!

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I have been approached by the representative of one of the big dailies, who tells me that his paper wishes to make news of wrestling a regular feature. When I hear that something definite has come of it, I shall let you know which paper it is that has suddenly awakened from the Fleet Street Trance. Perhaps when this happens, the others will follow suit, for the game of follow-my-leader is a very widespread pastime.

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Promoter and M.C. **SAMMY KING**, has been seriously ill for many weeks. He is now making slow progress in the right direction, and the best wishes of friends and rivals alike go to him at this time.

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Although he does not wrestle under his own name, JOE D'ORAZIO, Anglo-Italian judo ace, has been requested by the Judo authority not to let it be published in his publicity matter that he is a Black Belt holder. The club has very high ideals, among which is a virtual ban on making money out of one's Judo honours, except by teaching. This has put Joe in a spot, for nearly all promoters bill him as Black Belt Holder. As a result he is now using no Judo in his contests, in order to let this practice die a natural death. Promoters, please note!

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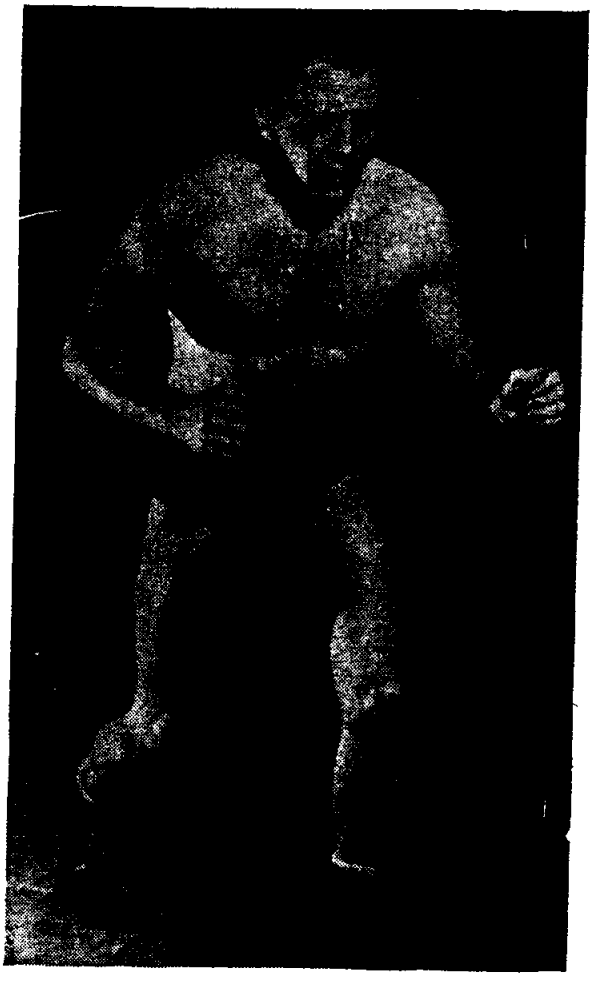
Although he has left it a little late to turn professional, **JOHNNY WOOD**, who finds nothing left for him in the amateur ranks—he has beaten them all—made an impressive debut recently. Naturally, the pro game is different in many respects from the simon-pure, but he will take very little time to master these details, I am certain.

BLACK BUTCHER JOHNSON cracks a joke whilst broadcasting during his recent wrestling tour of Spain.



Battling TOMMY MANN, wanted in Paris, Brussels, Madrid, to appear on wrestling bills. In fact, he's wanted everywhere, for his wrestling is of the whirlwind type that the fans like so much.

We heard some fans discussing ERNEST BALDWIN'S championship victory, and there is no doubt about it that Ernest certainly has been 'adopted' by the fans. From the remarks of the enthusiasts it would appear that a plain straightforward English name has not detracted from his appeal, and everyone seems to realise that Ernest stands or falls on his wrestling merits alone, and that he neither desires nor needs the ballyhoo that surrounds others of much less wrestling calibre. Baldwin is a wrestler through and through, and though some people expressed surprise that he has made his way right to the top, others who have carefully noted his triumphs down the years have been expecting Ernest to lift the British title. And, what is more, we are going to say right here and now, that if any fancy heavyweight thinks that he can bamboozle Ernest out of the title then he is barking up the wrong tree. To beat the champion, a wrestler must be able to stand the pace against a man who knows nearly all the answers, against a man who can last the full time with anyone, and against a man whose powerful body possesses strength enough to crush the breath from his body. For such a man is Baldwin, the British Heavyweight Champion, and a man we can be assured, will defend his title with all the skill and determination he possesses, for he really is proud of the achievement and intends to hang on to that title as long as he can.

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FRANCIS SULLIVAN created a record at Lime Grove, London, last month, when he was disqualified within ten seconds. This was his introduction to the Admiral Lord Mount-Evans Rules, and no doubt he can be excused the 'distinction.' It is unfortunate for wrestlers that when they are earning their living, there is someone on hand to watch them, e.g., the ref., and they can be disqualified if they don't toe the line. Most other people, also earning their living, are not so closely watched, otherwise we feel there might be many more disqualifications too!

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Had a couple of strange applications for MAT last month. One came from Chittagong in Assam and the other came from Halifax. Both applicants said they had never heard of MAT until last month. The fellow in Assam can be excused, but the chap in Halifax, the town where we publish, has upset us!

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Look out for the greatest wrestling sensation seen for many a long year to make his appearance next month. As mentioned in last month's MAT, promoter Ted Beresford has been off to Africa, and from what he hinted at the other day, has been in some pretty dark places.

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As Irishman **DANNY FLYNN** walked into the dressing room at a Northern Stadium the other week, he gave a hard gulp. "Something wrong, Danny," asked the promoter. "Got a bad throat," replied Danny, giving another hard gulp. "Have you taken anything for it?" asked the promoter. "Yes," replied Danny. "I've tried everything, but it's done no good."

Came a voice from the other side of the dressing room, "Try having it cut, Danny!"

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"Who's ARNOLD FARRER?" asked ARTHUR 'CRUSHER' CLARENCE, as he glanced through last month's MAT. No doubt he had been reading the bit about Arnold being said by some to be the best M.C. in wrestling. It came as a bit of a shock to hear that 'Crusher' Clarence had never heard of him, for Mr. Clarence is an M.C. of long standing—and a good one at that. Of course, Arthur can be a bit of a cynic at times, and we can't quite make up our minds whether he was telling us what he thought about it without actually saying so.

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When a famous personality gave a speech from the ring recently M.C. **BOB VERLANDER** had the pleasure of standing by and hearing himself referred to as, amongst other things, Bob Miranda—Bob Berlanda—and finally as Bob Verandah. Well, there are worse names we have heard M.C.'s called, Bob!

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Some of the best contests in London can be seen at Kingston-on-Thames where Mr. DEVEREAUX runs at the Baths there every week.

Did you know that FELIX KERSCHITZ is quite a successful promoter back in his own country, Austria? Well, he is, and what is more, is the author of a world famous booklet on world wrestling, one of the best works we have seen so far on the subject. The publishers of MAT hope to be able to produce copies for British fans, as we feel sure it will be a big success here.

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Feature of the wrestling at the Ashgate Drill Hall, Chesterfield, has been the attendance of some very good crowds and a fair sprinkling of moths, the latter always doing their best to get as close as possible to the ring lights and managing to take an occasional rest on the backs of the harassed wrestlers. One of these large moths decided to take a rest on **STAN GARSIDE'S** forehead last month....The only interest the management have on these moths is to find out just how they manage to get in for nothing each week!

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Have you seen the wonder man from the Continent, **YSTAZ the GREAT?** His magnificent form and dynamic style make him a 'must see' for everybody. When Ystaz body slams opponents, ringboards begin to break. Take the first opportunity of seeing a potential European champion in action.

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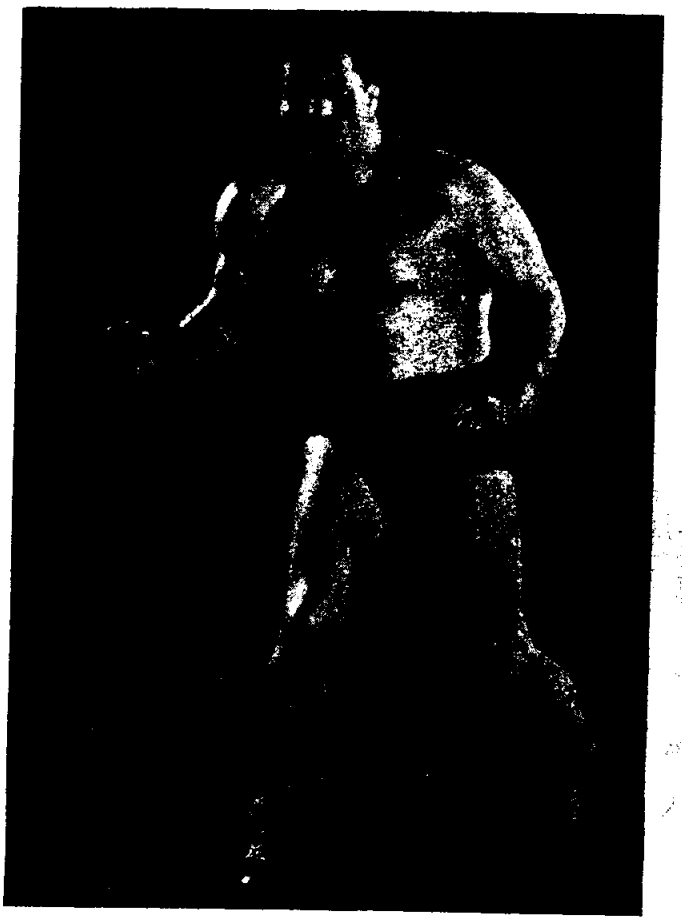
GEORGE KIDD, the Dundee lightweight, has so many engagements in the South that he is not likely to be seen in the North for a long time. George is a unique man in the ring, for his holds, at least his main ones, are all Kidd 'creations' and consequently opponents who take the ring expecting to meet a hold they met somewhere last month find themselves neatly trussed up by a completely new one that George has specially concocted for them.

We guessed his name as soon as we saw it? Can you? Answer on page 25.



FELIX KERSCHITZ.

Handsome **PAUL BERGER** of Switzerland, acknowledged one of the hardest men on the Continent, is due here in the New Year. Form reports reaching our office, Bergen is one of the fastest men in the sport. So handsome is Berger that when he wrestled in Paris last month he had to send for the gendarmes to get him through a host of admiring girls who surrounded the stadium doors. He is expected here on December 27th, and will be in action very soon afterwards .

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JACK HARRIS, the well known Plymouth wrestler, who has been missed by the fans these last few months, tells us that he is now free to make more than just an occasional appearance in the ring. This is good news, indeed, for Jack is one of the best men at his weight anywhere. At one time he did quite a lot of refereeing at various stadiums, and he always was popular in that role. As a wrestler he is equally as popular, and you can expect to see him around in the very near future.

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Promoter TED BERESFORD opened up at Mansfield last month, and Mansfield fans can look forward to some great contests there in the future. Mansfield was always a good wrestling centre, and we have had many enquiries as to when it would be opening up again.

Know your Wrestling!

The 'ARM-UP-THE-BACK'

Demonstrated by Mike Delaney and Norman Morrell

The Arm up the Back can be resisted by the defender clasping both hands.

THE Arm up the Back, taken from a standing or ground position is a comparatively simple hold, but whereas in amateur wrestling the arm must be brought no further than right angles, in professional wrestling it may be forced higher up the back to a point of submission.

To prevent this the defender may join hands as in the illustration, and by using the double strength of both arms may relieve the upward pressure or even force his arm free.

This hold leads to many interesting situations for it is the gambit that opens out the wrestling in many instances and a past master at exploiting the hold and its various leads is resourceful Mike Delaney.

Sandy Orford, a man of powerful physique, has mastered the efficient use of these arm holds and by virtue of his great strength can obtain one or other of the holds in surprisingly varied ways, and to make the hold doubly effective he may be seen to punish the arm and shoulder repeatedly before taking his opponent in a body slam and crashing him down on an already weakened member. This is usually sufficient for even the toughest of wrestlers.

Orford says that although strength may help a man to resist his arm being taken behind, far more effective is a turn of the wrist as the attacker first reaches inside for the wrist.

This giant Welshman says that against exceptionally strong opponents of the Mitchell—Bert Assirati class, where strength is more than matched, leverage has to be employed by grasping an opponent's wrist from the inside position when wrestling on the ground, placing the knee on the elbow, joining the other hand to the first on opponent's wrist and suddenly standing up and jerking so that the defender's arm is taken from the safety of the ground (where the defender has been keeping his bodyweight over the forearm to prevent it being taken behind his back) and whipping it smartly behind the defender's back for one or other of the various following moves.

Alf Rawlings prefers to take the arm up the back and then by means of a Nelson turn his opponent on to his shoulders so that the arm is held partly by the defender's own weight.

The Arm up the Back, taken from a front position facing opponent was a favourite move with Douglas Clark.

Dave Armstrong also uses it from this position to suddenly sit back and with an inside leg stroke somersault his opponent on to the trapped arm.

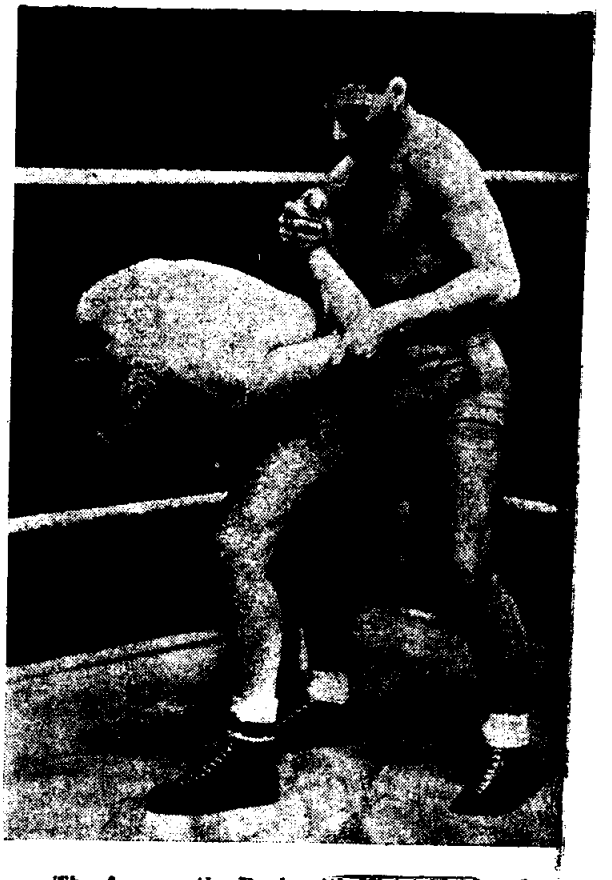
Have you placed your order for MAT with your newsagent? If you haven't done so yet, do so as soon as you can. MAT is in great demand everywhere these days, and the chances are that unless you do place a regular order, that you will go along to your newsagent hoping to get a copy and come away disappointed. Order your copy to-day. Future issues contain articles by more of the world's leading wrestling and bodybuilding authorities.

Another means of bringing pressure to bear with an arm hold, is to bring the Arm up the Back with Elbow Press which entails holding an opponent's elbow close in to his body whilst the arm is levered away from the body.

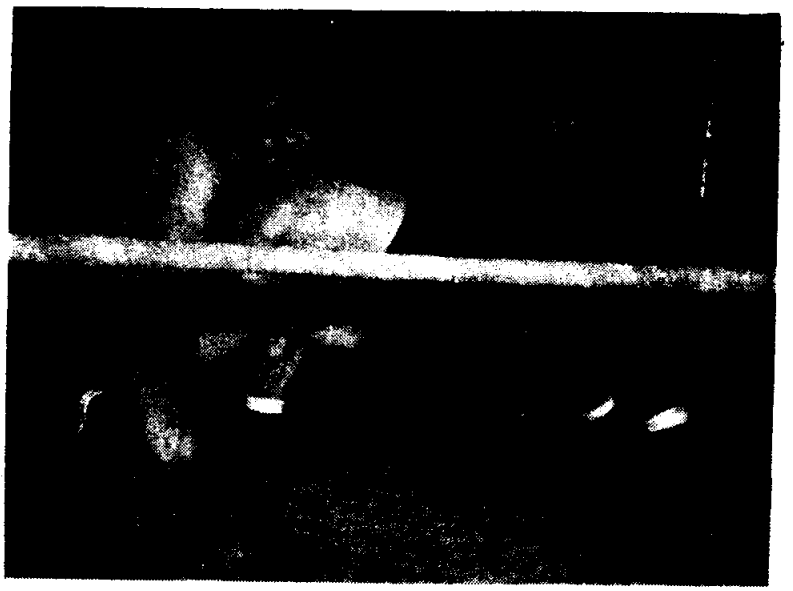
To obtain relief from this pressure, a defending wrestler may often be seen to run across the ring, for in this way the attacker cannot keep the Elbow Press secure to the body and thereby loses a lot of leverage.

A further variation of this arm up the back is the sliding of the forearm beneath the defender's forearm, so gaining extra leverage in a manner which is known as a Hammerlock. This hold was a great favourite in the days of Frank Gotch, Tom Cannon, etc., and became notorious only when it was banned in amateur circles as causing too much pain.

Whilst all these holds may be used from standing positions—and often are, it is preferable to use them on the ground, as more weight and leverage may be applied with far less scope for counter-offensives, such as the Head Halch or Leg Hank.



The Arm up the Back with Wrist Hold and Elbow Press.



Arm up the Back from ground wrestling.

A clever move may often be seen when one wrestler, anticipating the Arm up the Back attack, allows himself to be manoeuvred in to position only to immediately reverse positions immediately the hold is applied, by a quick body turn.

Another common counter is to turn in with head under opponent's and heave him headlong over your shoulders as you quickly straighten up.

On the ground, Vic Hesselle has perfected the Arm up the Back with Elbow Press, but with a difference, the Elbow Press being retained with the foot, allowing both arms to be used for the arm leverage.

Although most of the illustrations have shown the Arm up the Back from a standing position the hold is very effective in ground wrestling.

Madison Square Garden

By W. H. HODKINSON.

MADISON Square Garden is generally known as a sports arena and place of lavish shows, but it is also New York's Hyde Park. Here hot gospellers, political speakers, cranks and the like air their views, just as do their fellow orators in London.

The present building was opened in 1925, and replaced a former building finished in 1890. There was an even earlier Garden of seventy-odd years ago, a fortress-like building.

Of greater interest to wrestling fans was the event that took place there just over two years ago when wrestling returned to the Garden after an absence of twelve years. It was also the first televising of wrestling. There was a capacity crowd of 12,000, too. And maybe it was fitting that the great mat showman, George Wagner, should be included in the bill. Oh, I beg your pardon, "Gorgeous George" to you.

Viewers liked the thrills. But they would probably have enjoyed more the hectic affair between Yusiff Mahmout, the Turk, and Tom Jenkins, the then American champion.

Yusiff was an outsize grappler of some 260lb. who wrestled in his bare feet.

But it was not the Turk's bare feet that upset Tom. It was his opponent's gargantuan appearance. Previous to the arranged bout the American had not seen his opponent, reason being, it is said, that the promoters feared Tom would call off the contest if he got a pre-view....Which is just what Tom did. He took one look at Yusiff, then fled. the Turk after him, and a police inspector after Yusiff.

The Turk didn't catch up with Tom, but he did with the inspector and, disappointed at not being able to demonstrate his skill on the American champion, he turned round on the unfortunate policeman; but the promoters held him off till he cooled down.

Tom Jenkins was not the only wrestler to fight shy of Yusiff Mahmout. Quite a few others avoided him.

He had a terrific appetite, too. When dining he would start off with four or five chickens, six or seven loaves and half-a-dozen bottles of wine, before going on to the steaks!

Should I have said "enjoyed," earlier on? Maybe I used the wrong word. Maybe I didn't. It's a poor sport that never has its moments of humour.

It was a far greater name than the Turk's that drew the largest crowds to wrestling at Madison Square Garden.

Georges Hackenschmidt, the Russian Lion, became as famous in U.S.A. for his feats of strength and wrestling prowess as he was in Europe. It was rumoured of Hack that in his great days he ate lion steaks. Now the G.O.M. of the mat is well-known as a vegetarian.

Madison Square Garden is the greatest show place on earth. Here displays varying from a six-day bicycle race to a rodeo exhibition take place. In a pre-war show a 75ft. pre-fab hill was erected in 33 hours and made to represent a snow-covered hill for ski-ing purposes. Real man-made snow was used and the effects were so realistic that the Garden resembled a miniature Switzerland.

But it is in sport that Madison Square Garden gives its greatest thrills, and it is no small tribute to present-day American matmen, yes, and foreign grapplers, too, that this famous arena has again thrown open its doors to them. It takes a mighty big crowd to fill the Garden. And if wrestling can fill this stadium it is certain proof of the sport's popularity in the States. In the past Madison Square Garden has shown off many of the great ones of the sporting world and has had its fair share of thrills and views of record breakers.

An epic story little mentioned these days was that of George Littlewood, the Sheffield runner in 1888. In a world championship six-day race he ran 623 miles 123 yards, thus setting up a world record.

What makes George's performance all the more remarkable is the fact that on the second day of the race someone—who had obviously backed some other runner—got at George's bottle of beer—which he always had to his dinner—and caused him to fall behind because of sickness and stomach pains. He got so far behind that he became a rank outsider.

Then George started to pull the race out of the fire. He cut sleep to an absolute minimum, and by the beginning of the last day he was in the lead. In the last day he exceeded even his earlier efforts by covering 124 miles and winning comfortably.

To keep fit for his trials of stamina George Littlewood trained hard and sometimes included wrestling in his routine.

Last issue you saw George taking a manicure. Did you think he was a bit soft? Don't make that mistake, please, for George is anything but that. The chap underneath Gorgeous George's kneecap would be as good a chap as any to ask. Actually, the 'perfumed one' is a one hundred per cent 'toughie' and his bouts are usually ding dong battles.

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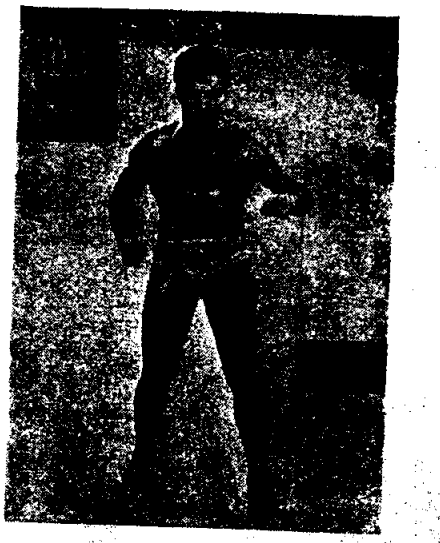
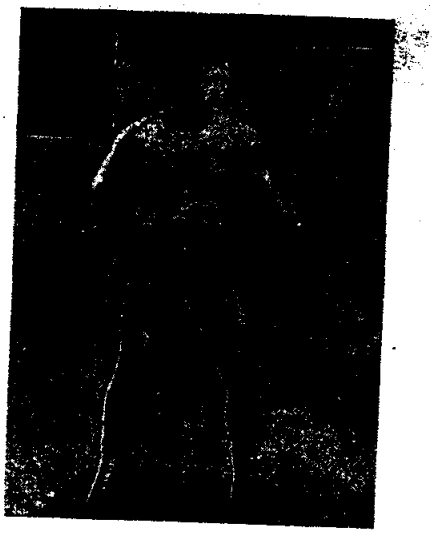
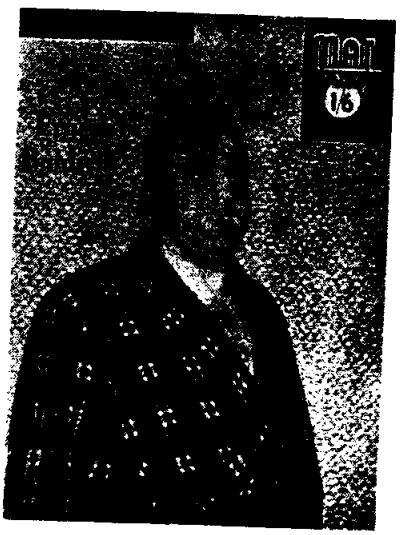






MILDRED BURKE See Page 29

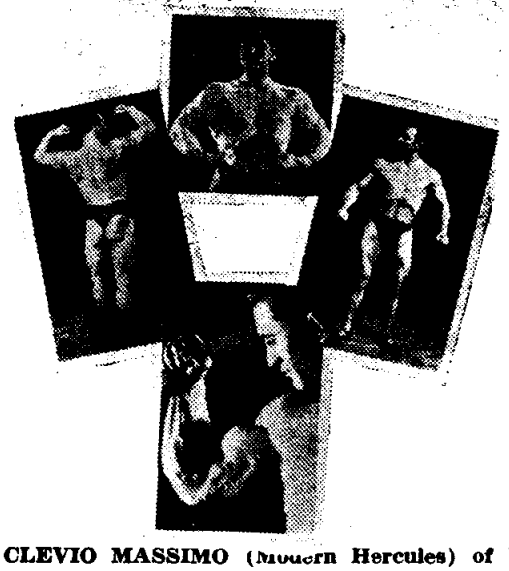
Development of Physical Power

By JOHN VALENTINE.

CHAPTER V.

BROADER SHOULDERS AND A BIGGER CHEST

IN these exercises we have deliberately commenced with the top storey and chapter by chapter we hope to "do" the whole "building" by that manner, proceeding from the neck downwards till we reach the lower extremities—the uppermost parts of the body seem to be the most exposed to criticism and public gaze.



CLEVIO MASSIMO (Modern Hercules) of U.S.A.

The first parts of the series are really intended for those who are newcomers to Physical Culture and those who prefer to take their "medicine" in light doses—eventually we shall deal with the more advanced and direct exercises which call for the use of weights. Frankly, the most difficult method of acquiring body perfection is the "light and easy" way. Training with weights makes for no complicated movements of contortions except where one may wish to excell at such lifts as the Bent Press or Two Hands Anyhow.

Broad shoulders and a deep chest usually go together. They are regarded by layman and student as traditional signs of physical power—added to a sturdy pair of legs no man can present anything less than a most impressive and commanding appearance.

The shoulders are "capped" by two muscles called the deltoids and by developing these to their utmost or even an inch or so the student will experience a most pleasing change for the better in the hang of his suit and fullness of fit. Every time you raise the arm the deltoid muscle comes into immediate operation—it is at its peak of contraction when holding weights at right angles to the body or when performing the lift known as the "crucifix."

One of the most popular exercises known is the "press up" and we'll start with that giving slight variations so that the culturist may adapt them to his own strength.

'Press up from Ground. On all fours on the ground, palms flat and arms fully extended with toes "dug" into the carpet. Lower the body till chest touches the floor. Press up, going up and down till arms ache. Repeat till three sets have been done.

Press up with Feet Elevated. This form of the same movement calls for more strength and should tire the student more quickly. Place feet on either a chair or a stool and with palms flat push up and down till tired. Repeat three times.

Press up a la Gymnast. We seem to be elevating our feet higher and higher with each variation. Now we use a strong kitchen chair, first placing it on its back so that the front legs may be grasped and used similar to the Parallel Bars in gymnasiums. The kitchen table this time should prove an elevation high enough. Placing your tootsies on the edge after having grasped the chair legs first, we proceed as before, allowing the chest to "sink" through the legs as much as the arms will permit. And as in the previous movements push up and down till tired repeating three times. A very strong man of the author's acquaintance considered it a good feat for him to make three sets of repititions of fifteen each. He claimed it kept his massive arms and chest in perfect condition. He further claimed that this exercise alone used to suffice to keep him in trim if travelling across the Atlantic when weights were not available. A favourite stunt of his in connection with this exercise was to allow a normal man to seat himself on his shoulders and pressup and down several times.

The stranger, and even the man who has broken off training, will experience soreness and stiffness round the pectorals (chest muscles) and upper arms for about three days. A sure sign that the time spent on the movements has not been wasted!

". . . . . there is only one way of increasing this (inside chest) space, and that is to increase the volume of its contents, the lungs . . . if they become weakened, the upper ribs fall in, and the best formed

chest becomes fat . . . Thus, in the thorax, the volume of the receptacle is determined by the size of the contents. If you wish to develop the chest, do not try to raise the ribs, but try to inflate all the air cells of the lungs . . . raising of the ribs, carried to an extreme, does not suffice to give a maximum size to the lungs, for when the ribs are raised, the diaphragm gets deeper onto the thorax and the abdominal viscera rise. The respiratory field thus loses at the base of the chest what it gains at the apex . . . the most ingenious gymnastic combinations (raising of the arms and lifting of the ribs) are not as efficient in increasing the inthrathoracic space as are profound inspirations (inhalations) made in repose." Thus speaks Dr. Fernand Lagrange in his classic work "Physiology of Bodily Exercise." His ideas founded many, many years ago were based on profound research and experiment and the above quotation offers the key to those seeking better chest development or growth. Nowadays the stress is too much on slabbing muscle on the outside of the chest instead of giving due attention to the inside of the chest box.

The great reason why the chest of a Hackenschmidt (wrestler), Jeffries and Tom Sharkey (boxers) looked so magnificent was in the fact that they all possessed great depth INSIDE and not so much thickness on the outside. If Hackenschmidt had wished to add more inches to his chest he might easily have acquired three inches of pectoral thickness giving him a chest of about 54 inches at a height of 5ft. 9in., which might have made him look more like a gorilla than a pleasing giant.

Walking and concentrating on deep breathing is one way to increase the size of the lungs.

Walking up hill will increase the tempo of the breathing apparatus.

Walking upstairs TWO at a time helps both the chest and legs.

RUNNING AS FAST AS POSSIBLE for spurts of 50 to 100 yards will be found the most exacting for the lungs, chest, thighs and calves.

TAKE A DEEP BREATH after having your height taken and take its measure or have someone do it for you whilst holding your breath and note the apparent increase of stature.

Yes, there is something to be said for DEEP BREATHING.

Let's get back to those muscles of the shoulders and the upper arms. The furniture is again called into service—now we are in the bed-room.

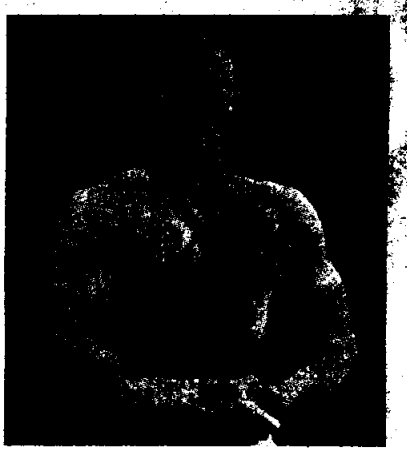
We need one of those single type of sleeping affairs—the metal tubular style is ideal.

STICK YOUR HEAD UNDERNEATH SO THAT AS YOU LAY ON YOUR BACK THE ARMS MAY GRASP THE BOTTOM RAIL which should be resting just over the chest. Push the bed rail upwards making sure that as you raise it the other end of the bed is not contacting the wall. Lower the weight of the bed gently and repeat till tired. Three sets of repetitions for this movement. If you have a friend to practice with—you may add their weight to the bed to increase the resistance or pressure on your arms.

SHOULDER SHRUGGING. Holding the arms straight by the sides keeping the fists clenched—raise the shoulders till they can be raised no further. Resist strongly by tensing the Trapezius muscle (muscle that runs from the neck to the shoulder). If you find the movement not strenuous enough then perform the exercise with a pail of coal in each hand. The Trapezius muscles are very strong really and can bear enormous strain. When properly developed the shoulders take on a most pleasing slope from rounded neck to the uttermost points of the shoulders.

The truly well developed shoulders are never square as the army instructor would have you believe. A man with dead square shoulders betrays the fact that the trapezius muscle is undeveloped, hence the "right-angle" shape of his shoulders. The strongest men in the world (from constant pulling of weights from the ground) show a pronounced development here. Your boxer is often well-developed in these parts.

REVERSE FLOOR DIP. Although this movement calls into effect muscles of the lower parts it is very good for the arms and front chest muscles. The handiest place or "apparatus" is the edge of the bath. Place the hands on the top edge of the tub or on the front corners of a chair-seat and rest the heels on the floor at such distance in front that the hips may be lowered close to the hand support. Raise the body by straightening simultaneously the hips, back and arms. Lower by bending the arms but keep knees locked. Carry on till tired.



The MIGHTY GOERNER, never to be forgotten German Strong Man, whose amazing feats are retold by Edgar Mueller in "Goerner The Mighty." See page for details of this book.

"MUSCLING OUT." Our last exercise is more in the nature of a test but we recommend it as a great shoulder developer since it was introduced by the late Arthur Saxon reputed to be then the world's strongest man. Reports say he lifted over 370lbs. using one arm from the shoulder in the style known as the Right-arm Bent Press.

Using the proverbial pail and starting with about 10 pounds of some household commodity such as coal, etc., or sand if procurable, place it in the pail and having a length of strong cord, attach it to the handle so that when the arm is at right-angles to the body the cord is taut. With a perfectly straight arm lift the pail two or three inches from the ground—do the usual repetitions till tired. As one arm (shoulder) tires change over to the opposite hand and lift with that arm till tired. The best amount of repetitions is about 12 to 15. Arthur Saxon considered a man extremely powerful if able to lift 40 by this method. He himself used to toy with a solid block fifty-sixer!

(END OF FIFTH CHAPTER).

CHIEF LITTLE WOLF HEADING FOR ENGLISH RINGS

Special to "MAT."
From our Australian Correspondent,
THOS. A. GANNON.

BIG Chief Littlewolf, famous Redskin wrestler, intends to commence 1952 with a tour of England and the Continent.

Although a veteran of the wrestling ring, the Navajo chieftain is still a comparatively young man as matmen go, having embarked on a professional mat career while still in his teens. By the time his eighteenth birthday came around, Littlewolf had already grappled for his first world championship, losing a hotly contested bout with the late "Colonel" Jack Reynolds for the welterweight championship. Increasing weight soon eliminated the Redskin from the ranks of the welters but obvious proof of his ability is the fact that he tangled with the head of every division in title matches as he developed into a heavyweight. Although he did not annex the laurels in any of these divisions, on each occasion he gave the champion a close battle and, while in the middleweight division, twice defeated title-holder Gus Kallio in non-championship bouts.

In the heavyweight division, Littlewolf was an immediate sensation. Reigning champion at the time was none other than the mighty Greek star Jim Londos and, when the Redskin flattened such stars as Man Mountain Dean, George Zaharias, Jim McMillan and Dick Shikat, wrestling fans in America demanded a title match between Londos and the Wolf. In support of his claims for a tilt at the championship, it was pointed out that while Londos had taken one hour and twenty-two minutes to turn back Dick Shikat, the Redskin had pinned the ex-champion in just over fourteen minutes. Londos refused to have anything to do with Littlewolf and continued to defend his championship against lesser lights. Incensed by this treatment, California promoters refused to recognise the Greek as champion and commenced an elimination tournament, open to all wrestlers in the world, the victor to be regarded as champion. It was from this tournament that Vincent Lopez, the elbow smashing Mexican grappler, emerged as a title aspirant.

Throughout the world, Chief Littlewolf is famed as the inventor of the lethal Indian Death Lock. The Wolf claims that he did not really invent this hold but gives the credit to his people who used it to secure their captives to a stake back in their warlike days. Nearly every wrestler has utilised the Death Lock at some time or another but none have ever been able to apply it with the same degree of efficiency as Littlewolf. He is able to snap the lock on from any position and, in contests in this country, has often amazed the fans, and his opponents, by flying off the ropes and ending up with the Death Lock securely clamped on before both men hit the canvas. There have been a number of counters to this hold evolved through the years and these counters seem to work perfectly when a wrestler other than the Chief has the clamp applied. However, when Littlewolf snaps the lock on, it is time to pick up your hat and go, as no matman has yet been able to escape from it after the Redskin has it securely applied.

In the ring, Littlewolf is one of the most colourful wrestlers ever to appear in any wrestling arena. A stocky, powerfully built wrestler, he enters the ring wearing a Navajo blanket and on his head, the famed war bonnet of many coloured feathers that has made his name a bye-word in wrestling circles. In action, he is the master of a great number of holds and

(Continued on page 25).

(Top Right). **LEON HIMITIAN** of Syria, whose development created a great impression at the recent Palladium Show in London.

(Top Left). The famous **ANDRE DRAPP** of France, now in the U.S.A., where he has taken up wrestling.

Beautiful **VAL NJORD**, famous American beauty and writer. Miss Njord has figured on the cover of many physique magazines and is well known for her work on the screen.

★ IRON GAME GOSSIP ★

By W. B. ORANGE.

THE YORKSHIRE CHAMPIONSHIPS.

ON the 13th October, Yorkshire Championships were held at the Wibsey Modern School. I would have thought that with the funds being so low the members would have given this, their show, a little better support, but I am afraid I can now see why they don't! There were no signs of who was at school or any sign of activity from outside, and no-one to direct the people who did not live locally. The hall in which the event took place, was the school gym, and quite nice, but if more than 100 supporters had come there would have been no room. There was no indication of who was running the show, and there were long gaps in between each class. To a person who was about to enter the sport I feel this meeting would have changed his mind for him.

The highlight was the marvellous show put up by **Sid Kemble**, who broke the 10st. British record on the press with 209½lbs., which was passed with a blast of welcome white lights; his total in this class was 650lbs. The audience feebly acknowledged the record, which was an event seen once in a "blue moon." **Fred Williamson**, who had lost much weight with his 15 days Z Reserve, was not his usual self, but carried away top honors in the 11st. class.

NEARLY AT THE TOP.

With some of the up and coming lads I have seen around, it's going to be tough for the top men in the muscle game to keep their place.

I had a shock the other day down at my club when I measured **Henry Fish's** arm. Henry is at present in the R.A.F. It went a tight 17ins. after a couple of sets of curls. His twin brother is also very big and I am sure they are the best developed twins in England, if not the world. Do you know anyone who may compare with these boys? If so let me hear about them.

WHO STARTED THIS CLASSIFICATION.

I notice that magazines and people keep on referring to a big rift between the bodybuilders and weightlifters (I am pleased they have left the grapplers alone), and stating there is a lot of trouble between people who have been classed into either one of these groups.

One or two of the chaps have been asking me about this at recent shows. Well, all I can say is that the people who created this gossip and allowed it to pass their lips, have done so without any justification. All this talk has been promoted by a commercial concern, who wish to run things their way and are not interested in aiding or furthering either group. Their chief concern, they wouldn't admit, of course, is the further expansion of their own bank balance.

At the most up-to-date clubs, weightlifting, bodybuilding and wrestling, etc., are practised by most of the boys, so just where and how can anyone start splitting them up into this and that. You just cannot classify people into watertight compartments like this. My friend Reub Martin practices all forms of exercise, like myself, and I don't think we can be 'classified.' If you meet any of this talk of a 'split' treat it with the contempt it deserves, and if you have any views on this send them along to me, will you?

At a recent show held for B.A.W.L.A. a chap came round selling raffle tickets. He addressed **Maurice Ziff** and myself as bodybuilders, and when we asked him the reason for this he said, "Well, your wearing clean collars." This uncouth chap was probably thinking of the old days when it was considered unmanly to shave or wash. If the wearing of a collar is to starch oneself as a bodybuilder, then it's a mighty popular sport.

YOU HAVE TO WATCH THESE CHAPS.

I am afraid I am having to watch the equipment I buy for my Gym. If I get any larger benches the chaps will move all their beds down there!

THE GREAT YORKSHIRE SHOW.

All the hard work that **Fred Pickles** and his assistants had put in for the Yorkshire Strength and Physique Championships was well worth it. The show was a great success as far as I was concerner, because the audience which was composed of 60 per cent females, showed great interest.

The physique contest was an added attraction which seemed to go down very well. The outstanding competitors were **Frank Roper, Denis Winn** and **Ernest Martinson.** A newcomer, who, with a little guidance and hard training should place high next time is **A. Dennison,** who placed third in his class. Dennis Winn, who, through the fault of two misguided loaders, snatched 10lbs. above his poundage, and had to do the smaller poundage after this, which was wrong in my opinion. Nevertheless this did not sap all his strength away as he pressed, on back, 298lbs. at a bodyweight just over 11st.

An amazing performance was put up by **Monty Saffer** of the Capitol Barbell Club, at 12st. 3½lbs. He had to compete against the heavyweight class, but this seemed to give him extra zest. The curls went too easy and he told me he felt he could handle more. On the press on box his energies were taken with directing the loaders, or he would have probably made 273lbs. On the Squat he never went wrong and made a good 380½lbs., and that's some weight to handle.

The tiger of the show was **Jack Alstead** of the famous Bradford Club. He made a marvellous Squat with 455lbs. and just failed with 500lbs. This gave him a lead of 3lbs. over **Ernest Martinson** of Hull, who was as strong as he looked, making a 396½lb. Squat.

To support this fine team of competitors there was a grand balancing turn.

Results of the Yorkshire Physique Contest.

Name.	Points
5ft. 6in. and under Class.	
1st—Sid Kemble	75
2nd—Dennis Winn	64
5ft. 6in. to 5ft. 9in. Class	
1st place was a tie between F. Roper and Ernest Martinson, both with	74
2nd—Jim Lever	63
5ft. 9in. and over Class.	
1st—S. Crofts	75
2nd—J. Barry	67

The Results of the Yorkshire Strength Championships.

Up to 10st. Class.

	Weight	Curl	Bench Press	Squat	Total
Sid Kemble (Bradford)	10st.	121¼lbs.	225¾lbs.	297½lbs.	644½lbs.
K. Fretwell (Pontefract)	9st. 13lbs.	115½lbs.	225¾lbs.	242½lbs.	583¾lbs.

Up to 12st. Class.

M. Ziff (Leeds)	11st. 13lbs.	121½lbs.	214lbs.	270lbs.	606lbs.
J. Garbutt (Pontefract)	10st. 6lbs.	121½lbs.	198½lbs.	264½lbs.	584lbs.

12st. Class and Over.

J. Alstead (Bradford)	15st. 7lbs.	154½lbs.	220½lbs.	455lbs.	829½lbs.
E. Martinson (Hull)	14st. 0lbs.	165½lbs.	264½lbs.	396¾lbs.	826½lbs.
M. Saffer (Leeds)	12st. 3lbs.	154½lbs.	253½lbs.	380½lbs.	788lbs.
J. Barry (Bradford)	13st. 10lbs.	115½lbs.	203½lbs.	308½lbs.	627lbs.

The referees at this meeting were **F. Hirst** (Bradford); **A. Hunt** (Hull), and **N. Thewlis** (Morley). The M.C. was **Fred Pickles** of Keighley. For the people who gave this show a 'miss' I feel sorry, because it was well worth going to see, and I shall make sure I don't miss another.

That's all for this time. See you next issue. If there is anything you want to get off your chest, write to me about it.

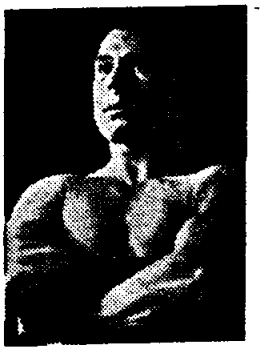
"I will make YOU a SUPERMAN"

SAYS APOLLON — THE WORLD'S GREATEST BODYBUILDER

YOU don't want to be a puny, scrawny weakling who has to take a lot of kidding from the crowd . . . do you? Let me show you how to get broad shoulders, a 47in. chest and 17in. biceps which will command respect and admiration. When I say muscles I don't mean the "cream puff" variety . . . I mean the kind of He-Man sinews that can snap a steel chain or bring the bully to his knees if he gets funny. The Apollon system is all physical culture—no frills or fuss. Nothing is hidden, you get the whole truth straight from the shoulder, man to man. My course gets right down to the **cause** of human ailments, putting in tiptop shape your digestive and assimilative systems, so that your body can get the vital nourishment, without which it is IMPOSSIBLE TO GET GREAT STRENGTH and MUSCULAR BULK.

RAPID RESULTS.

Many of my pupils have added 5in. and even 6in. to their chests in the first 28 days. Hundreds have added 2in. and 3in. to their arms. Scores upon scores have increased their body-weight 10lb. in the first month of training. It's the greatest Strength and Muscle Builder of all time and has staggered the P.C. world. Men who a short time ago were thin undersized weaklings are now building SOLID body-weight, Virile Manhood and immense commanding Physical Power.



The MIGHTY APOLLON

* * *

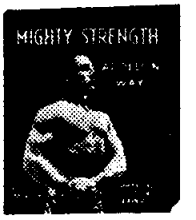
The MIGHTY APOLLON

(Dept. M), 8 Belle Isle Drive, WAKEFIELD, Yorks.

'SNAP' This Opportunity

FREE BOOK Including Thrilling Life Story of The Mighty Apollon.

This book gives you my exciting adventures as a World's Champion . . . also photographs of the greatest strong men of the world, showing their wonderful development, and telling how each trained by the Apollon resistance method. This wonderful book also tells how to TEST your muscles --how to HARNESS your VITAL POWER —how to get MUSCULAR BULK.Write to-day for FREE book and details of my "SUPER-COURSE" of Home-Training.



GET THIS FREE BOOK!

Give Wrestling a Break . . . !

By Mrs. E. M. BRADDOCK, M.P., C.C., J.P.

(There are few more outspoken public figures than this famous woman Member of Parliament. Even if you do not always agree with her political views, her integrity and honesty of opinion have never been questioned.

Mrs. BRADDOCK, M.P., snapped with 'RANDY' TURPIN, is a fearless and outspoken woman, and speaks on wrestling with an authoritative voice.

I AM well aware that many of my colleagues in the House of Commons and friends throughout the country looked upon me with complete astonishment when they learned that I, a woman, had accepted the Vice-Presidency of the Professional Boxers' Association. Despite some misgivings on the part of my friends I am happy to say that to-day the P.B.A. as it is known, has fulfilled its mission as a registered Trade Union for boxers with dignity and sincerity, and indeed has become an essential part of the sport.

If some of my friends and quite a number of my critics were astonished over my connection with professional boxing, they certainly looked askance at me, when I said I enjoyed my wrestling, and that whenever official duties permitted and I had an hour or so to spare, I would attend a wrestling tournament.

My introduction to wrestling was through that famous promoter the late Mr. Wm. Bankier, who for many years was a member of the Exchange Division Labour Party, Liverpool, the constituency which I have the honour to represent. A finer or more intellectual man than "Bill" Bankier I have never met, and the wrestling world lost an honourable and upstanding figure through his death.

Coming back to some of my friends who expressed astonishment at my liking for wrestling, they would say, "Surely Mrs. Braddock, you know what wrestling is?", and they would stoop and whisper confidentially, "It's not on the level."

Conflicts, external and internal, are caused by people too ready to find the black spots in others. A little more broadmindedness and tolerance would save us many headaches, and if instead of trying to find other people's black spots we looked for their redeeming qualities we would all get on a little better, and be much happier for it.

My answer to such statements that wrestling is supposedly not on the level is—show me a business or sport which at sometime or other has not produced its quota of black sheep? No matter how fine a particular sport or business bay be, no matter how grand its ideals, no matter how well or strictly organised it may be, black sheep at some time or other have crept in and tried to use that business or sport for their own ends. Why condemn wrestling?

The Jockey Club have warned people off the turf, the Football Association and the British Boxing Board of Control have in their time suspended individuals for misconduct. Many years ago Judge Landas in America had to reorganise Baseball, and in the early '30's we nearly had Commonwealth complications through that most gentlemanly of sports, Cricket, caused, you may remember by the controversy over 'body line bowling.' I may be a woman, but I have had a wide and varied experience of sport, so again, why just pick on wrestling?

Let us take wrestling from three angles, then we can assess it at its real worth. Firstly, from the public or spectators point of view, fifteen years ago when wrestling first opened at the Liverpool Stadium a mere 200 people attended. To-day you have either to book your seat at least a week beforehand or queue for a couple of hours in order to get in! The wrestling public has grown some fifty times, so evidently the public are content they are getting value for their money. Then again, the price of admission is within reach of the working-man's pocket, which in itself is a very good thing, especially to-day, when the price of admission to many sports and entertainments is out of reach of ordinary people.

Secondly we take the wrestler himself. The vast majority I know are well spoken, well behaved and modestly dressed. They look after their money and many have their own businesses. Some are happily married with families they dote upon. Despite the roughness of their contests they seldom bear animosity to each other once the battle is over. I haven't met a really down and out wrestler yet and certainly not a "punch drunk" one. If one does happen to be injured, it is excellent to see the way others rally round to organise a show on his behalf, so that he is not left on the wayside—a forgotten man. That in itself is grand sportsmanship. Lastly let us take the moral aspect of wrestling. It is a grand body builder, and suitable not only to youngsters, but to men who have passed the forty and fifty mark. There is Zybysko, Strangler Lewis, Jim Londos, who will never see sixty again, yet wrestling has so built their physical condition that even at this age when most men are considering retirement from active business life they could break the

(Continued at foot of next page).

Focus on a Referee

LIKE the promoters, timekeepers and the men behind the scenes, a wrestling referee seldom gets any praise or publicity. Yet, without a referee there would be no contest at all for he controls the wrestlers and makes the final decisions. But how very seldom those decisions meet with approval. When a referee pleases the crowd they take him for granted, when he doesn't no-one is shy about telling him so. It seems that the most a referee can hope for is to please most of the crowd most of the time. One referee who seems to manage this very well is dark haired **George Wade** of Keighley. Tall, slim, quick and alert, he adds considerably to the enjoyment of any contest.

He never loses control of a contest, he is almost always just where he is wanted at exactly the right moment and he very seldom commits that unforgivable sin of blocking the spectators view by staying too long in one place. He has also something which every referee needs—a strong and resonant voice. There is never any doubt about his commands or his counting. In fact the only thing one can complain of when he is in the ring is that he is apt to distract one's attention from the contestants by the masterly way in which he does the job.

George Wade makes being a referee look extremely easy, yet it is one of the most difficult jobs there is. A referee has to know all the tricks of the trade, anticipate the moves of the wrestlers and, where possible, prevent any unnecessary suffering by the contestants. He has to keep close enough to the action to be able to give an immediate decision, so for this reason alone it is logic to suppose that the referee's decision, besides being final, is also correct.

A couple of referees stop for a chat. Maybe the're exchanging notes on the different wrestlers they've met lately who need a lot of watching? STAN GARSIDE, with broken wrist, is seen filling h's pipe with the assistance of JACK PROCTER.

OUR COVER PICTURE.

The classical pose of FRED MASSARO, a former "Mr. New York," makes a fine study for this month's Mat cover. Fred is in his early thirties, and a product, like most other outstanding body-builders of the day, of the weightlifting brigade.

And the man who made the most of Fred's physique in order to produce this great picture is none other than our old friend, Tony Lanza, who just keeps right on taking better and better pictures for us.

The front was designed by Derek Robinson, newcomer to our staff, but one who has quickly given evidence of great things to come.

In order to save you much time and trouble, we would like to point out once more that we cannot supply photos of any of the pictures appearing in Mat. We get around 300 letters each week asking for these, but it just is not possible. We would like to send you all the photos you want, but present day prices make this right out of the question.

average husky youngster in two without even taking a second breath. Wrestling is one sport where age and experience offsets fiery youth. You will find, in the majority of cases, that where a person has looked after his physical condition, he has looked after himself in other directions as well, for a healthy body begets a healthy mind.

One outstanding thing I do like about wrestling is, that big scale gambling has no influence in it. I am I hope broadminded enough not to be averse to the working-man's bob a week on the "pools" or a couple of shillings on the "National," but when gambling as so often happens in many major sports, goes into the thousands of pounds, and the gamblers root for the team or man they have backed, hoping by force of vocal arguments to shout that team or man home, influencing they hope the referee to give decisions in favour of the man they've backed, it is a poor effort indeed. **These slip faced gamblers ruin the** enjoyment of the average fan by their behaviour at many sporting venues. Wrestling, thank goodness, does not have that on its conscience.

I would like to see the youngster of to-day take an even more active interest in physical culture. I would like to see more gymnasiums such as the P.B.A. have in Liverpool where boys can develop themselves bodily under expert tutors. I would like to see wrestlers as well as boxers take a hand in this work, for the boxer and the wrestler as well as the footballer and the cricketer are the idols of modern youth. These sportsmen can play an important part in the moral as well as physical guidance of the younger generation. Wrestlers, together with other professional sportsmen, can set an example of clean living, both physically and mentally, taking hard knocks with a smile, learning to lose like sportsmen without whining, and thereby helping the boys of to-day become the real men of tomorrow.

AMERICAN NEWSREEL

By JERRY FORD.

MILDRED BURKE was injured in an automobile accident recently, but it is good news to learn that she will wrestle as soon as she completely recovers from her injuries.

JIMMY POWERS recently conducted a popularity poll of stars in sports via television. Jimmy is the editor of the "Daily News" sports department. When the poll had ended GENE STANLEE had captured more votes than JOE DI MAGGIO, JACKIE ROBINSON, SAL MAGLIE, or any other non-wrestling star.

BEFORE

he commenced this particular contest in Los Angeles, Brother FRANK JARES, 'The Wrestling Parson,' was quite a good looking sort of chap, as you can see from this picture, but

The Sumo grapplers are rumoured to booked for a coming Madison Square Garden card.

WHIPPER BILLY WATSON was seriously injured while engaged in competition with LORD ANTON LAYTON. He was taken to a hospital in Kingston, Ontario, in a state of semi-consciousness for three days. Bill may be laid up for quite a while.

It's quite common for a wrestler to turn villain, but it isn't very often when the tables are reversed. BUDDY ROGERS has succeeded in doing just that by adopting the clean, scientific type of grappling, and casting away the vile, unorthodox, dirty grappling.

Bonded by a contract with the San Francisco '49ers, LEO NOMELLINI is unable to wrestle during the football season.

Now let us make our monthly ratings. This month we will rate the top tag teams in the country.

1. MIKE AND BEN SHARPE.
2. YVON ROBERT AND BILL WATSON.
3. GREAT MOTO AND GREAT TOGO.
4. GINO AND LEO GARIBALDI.
5. RITO ROMERO AND BLACK GUZMAN.
6. GEORGE AND BOB BECKER.
7. ERNIE AND EMIL DUSEK.
8. CHRIS AND BABE ZAHARIAS.
9. HANS AND FRITZ SCHNABLE.
10. TED CHRISTY AND KARL DAVIS.

LEO GARIBALDI has been inducted to the army. Leo is the first wrestler the grappling world has really missed because of the draft.

A look at the nation now. In Los Angeles we find such stars as CYCLONE ANAYA, ROY ASSELIN, the famous BECKER BROS., Dennis CLARY, RAY ECKERT, PAT FRALEY, GINO GARIBALDI, SANDOR SZABO, ALEX KASABOLSKI, BOMBER KULKOVICH, and former heavyweight champion DAVE LEVIN.

San Francisco is presenting such stand-outs as WARREN BOCKWINKLE, BOB BRUNS, FLASH GORDON, CHICO GARCIA, HARD-BOILED HAGGERTY, HANS HERMAN, VIC HOLBROKE, WLADEK KOWALSKI, and VINCENT LOPEZ.

In Chicago LOU THESZ successfully defended his title before 10,000 fans by defeating BRONKO NAGURSKI two falls to one. Others currently appearing there for promoter FRED KOHLER are BERNIS BERNARD, BOB MANAGOFF, FRED BLASSIE, THE MIGHTY ATLAS, GEORGE DUSETTE and ELEPHANT BOY.

For the FABIANI-SCHWARTZ clan in the same city appearing at Rainbow arena are MARVIN MERCER, BILL MILLER, RUFFY SILVERSTEIN, FRANKIE TALABER, BOB FORD and JACK PESEK.

In New York City we find the Sumo wrestlers, GENE STANLEE, TONY ROCCA, ILLIO DE PALO, DAVE MESNICK, ADRIAN BAILLARGEON, DON LEO JONATHAN, EDMOND FRANCIS, ANDRE DRAPP and MIGUEL TORRES.

In Buffalo, promoter ED DON GEORGE continues to amass top drawing cards by presenting such stars as LORD BLEARS who recently triumphed over JOHN BARREND, GREAT TOGO, SANDOR KOVACS, STEVE STARKE, JIM WRIGHT, MIKE PAIDOUSES, and ART KAPITAN.

In Texas, we find such stars as KILLER KARL DAVIS, RAY GUNKEL now Texas State Champion, DANNY McSHANE, DUKE KEOMUKA, DANNY SAVICH, SONNY MYERS, CARL ENGSTRON, JUAN HERNANDEZ, and the Midgets.

In St. Louis, things are on a downward trend because of the devastating floods. However, wrestling there at present are **WILD BILL LONGSON, RALPH GARIBALDI, JIM DOBIE** and **MAT MURPHY.**

Promoter **LEROY McGUIRK** is presenting in Tulsa with success the following men, **IVAN KALMIKOFF DIZZY DARIS, VERNE GAGNE,** and female grapplers **ELLA WLADEK** and **LILIAN BITTERS.**

In Salt Lake City, the **SWEDISH ANGEL, GENE BLACKLEY, JACK CARTER, BUZZ JONES, FARMER JONES,** and **CHARLIE LAY,** are packing them in.

Detroit finds **HAROLD CHAUNDY, JOHNNY OATES, LONE EAGLE** and **LOUIE KLEIN,** going strong.

Denver presents **JIMMY BLOOD, DANNY FERRAZQ, FRANK JAMES, BROTHER JONATHAN, DANNY LOOS** and **JIM LANKAS.**

In Seattle we find **JUAN HUMBERTO, KAY BELL, ORVILLE CARLSON, RAMON CERNADAS, HOMBRE MONTANA, GORDON HESSELL, GEORGE DRAKE** and **RUFUS JONES.**

Now we take a look at the top matches of the month.

MARVIN MERCER defeated **FRANKIE TALABER** for the Ohio Junior Heavyweight Belt.

YUKON ERIC defeated **PRIMO CARNERA;** the Preem then left for Europe where he. is now wrestling.

ANTONINO ROCCA stopped **MARIO DE SOUZA** and **GENE STANLEE,** on the East Coast.

WLADEK KOWALSKI beat **BOB BRUNS.**

BARON LEONE conquered the **GREAT MOTO, GREAT SCOTT, ROGER MACKAY,** and **DANNY McSHANE,** on the West Coast.

Unlike boxing, in wrestling men may continue to grapple past the age of 40 and remain highly successful. Such man as **GINO GARIBALDI, BRONKO NAGURKI, BILL VARGA, ERNIE DUSEK, REB RUSSELL, TONY MARTINETTI, PRIMO CARNERA, MIKE MAZURKI, BOB BRUNS, JIM MITCHELL, DAVE LEVIN, WALTER PALMER, FRED VON SCHACT, JIM HENRY, BIBBER McCOY,** and **RAY SCHWART,** are tops though past the 40 mark.

LOU THESZ is slated to tour New Jersey for the first time in his long wrestling career.

GORGEOUS GEORGE has been signed for a short appearance on the East Coast.

Western fans, particularly you in Texas, are set for a bombshell to explode in the person of **ANTONINO ROCCA** who is set to tour the Lone Star State.

GENE STANLEE has been signed by Sam Munchnick for a tour of the Mid-West.

Next in line for a crack at the N.W.A. Heavyweight Title are **BOB MANAGOFF** and **WLADEK KOWALSKI.**

Arizona's **CLAIRE MORTENSON** is the only woman who has disputed Mildred Burke's claim to the Women's Championship. Claire is recognised as champion in three states.

In your reporter's opinion the most underated female grappler in the game to-day is tiny **VIOLET VIANN.** The "Little Tiger" stands 5ft. 2in. and registers the lightest weight of all the feminine grapplers, 125lbs. Probably the fastest of all the girls, we rate her alongside Mildred Burke as far as pound for pound ability is concerned.

LOU THESZ defeated **DANNY SAVICH.**

Pacific Coast negro heavyweight, **JACK CLAYBOURNE,** is on a world tour. At present Jack is in Paris adapting himself to the free French style of wrestling.

Boxing possesses a top notch deaf and dumb boxer in **EUGENE HAIRSTON.** A deaf mute named **PEDRO GOMEZ** is currently wrestling successfully on the West Coast. Weighing 275lbs., he has conquered both Gino Garibaldi and Jim Londos.

AFTER

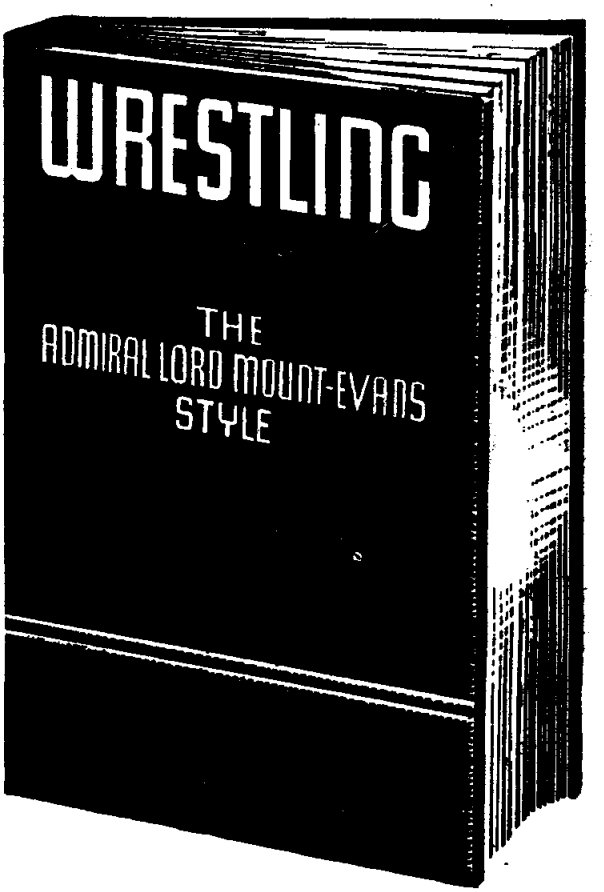
when it was all over he emerged from the fray with an eye that any wrestler could be proud of! We have no record of what the other fellow was presented with, but you can be pretty sure that Brother Frank would not take anything without he gave something back in return.

Here's a list of all the wrestlers we know of who wrestle barefooted (perhaps to save money). The odor users are **TONY ROCCA, BERT HUBY, ZAHARIES BROS., YUKON ERIC, IONIS KOSTALIAS, JOSE GATIONI, MARIO DE SOUZA, STEVE** and **JIM CASEY, DICK LEVER** and female grappler **LILLY BITTERS.**

Midget wrestler, the **MIGHTY FRITZ,** is a graduate of Bowling Green. We think he starred on the baaket ball team.

If you're looking for a CHRISTMAS PRESENT for your wrestling friend, here it is! All orders received before December 18th, will be despatched from our office in time to arrive at their destination for Christmas. Don't hesitate. Write to-day!

THE long awaited text book on Mount-Evans wrestling is on sale NOW. It is the first book of its kind that has ever been published, and there is going to be keen competition to get hold of copies. It is hoped that every patron of the sport will manage to get hold of a copy, as it is primarily for them that the book has been published. In these days of acute production problems, it has not been possible to publish as many copies as could actually have been sold, for the wrestling public has reached such proportions that we know we could have sold many more copies than will be available.



You can get your copy by placing an order with your regular newsagent and telling him to write to us for the copy. Or, you can write to us yourself, enclosing a 5/3 P.O. or cheque, crossed and made payable to "WRESTLING NEWS & VIEWS LTD." You are strongly advised to take either of these steps without delay, and so ensure your copy.

So that the book comes within the reach of every patron it has been priced at the very low price of 5/-. It contains well over 100 pictures of wrestling holds with explanatory text. It deals in comprehensive manner with the rules of Mount-Evans Wrestling, the fouls, and the rules governing Championship Contests, etc., etc. At 5/- (5/3 post free) it is an outstanding bargain and this price cannot be repeated in future editions of the book. Write off to us at once.!

★

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HALIFAX

CHIEF LITTLEWOLF (continued)—
counters. From the time he enters the ring to the time he leaves it he keeps up an unceasing flow of talk to the fans, his opponent and the referee. When he clamps on the Death Lock he snarls "Wadda ya say, huh, wadda ya say?" His opponent invariably says he submits.

Littlewolf made his first appearance in an Australian ring in 1937 and since that time has appeared here every year with the exception of the war years when no overseas grapplers were imported. The list of wrestlers he has defeated in contests here reads like a Whose Who of Wrestling. Included amongst his victims are such well known exponents of wrestling as Don McIntyre, Matros Kirilenko, Dick Lever, Andy Moen, Sliding Billy Hansen, Vic Christy, Pat Meehan, Cowboy Pat Fraley, Bonnie Muir, Leo Jensen, Laverne Baxter, Terry McGinnis, Bill Sledge, King Kong, Ted Cox, Chief Thunderbird, Dick Raines, Seelie Samara, Tommy O'Toole, Lee Grable, Dean Detton, Arjan Das, and a host of others too numerous to mention. He is equally as well known in New Zealand and, on one occasion, was suspended there for his boisterous tactics.

Despite his rugged methods in the wrestling ring, Littlewolf is a tireless hospital worker and, in his spare time, visits the hospitals and yarns with the patients. He has a special soft spot for the youngsters and the war veterans and makes a point of seeing as many as possible on his hospital visits. This year, instead of returning home after the wrestling season, Chief Littlewolf toured the country giving exhibitions and lectures on the Red Indian way of life. His first stop in every town was the hospital and the high regard the youngsters have for him can be seen whenever he is billed to wrestle. There is always a large percentage of youngsters on the Chief, no matter who his opponent may be. Whenever a charity show is in the making, Chief Littlewolf is always amongst the first to volunteer his services.

Although Chief Littlewolf is not the first Red Indian matman to appear in England. British fans should not miss the opportunity to see this famous wrestler in action. Packing over seventeen stone on his squat frame, Big Chief Littlewolf will prove to be a mighty tough handful for any wrestler in action in British rings.

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Thanks for the letters of appreciation from all those readers who wrote in to us last month congratulating us on our 'new look.' We thought it was time we had a change of front, and we were fortunate enough to have on our staff here the very people who could give us it, so we went ahead. And, judging from your letters, you are evidently under the impression that we've done a good job. Well, that's nice to know. We have some great fronts lined up for you, and we think you will agree that this month's cover is certainly one of the best that any British magazine catering for wrestling and bodybuilding has yet produced.

We plan the next two fronts to be of wrestlers and wrestling, and after that we will go back to two fronts of bodybuilders, and so on. For the inside we also have plans, and we hope to have writing for us very soon, two of the best known bodybuilding authorities of the day, in addition to another star wrestling writer. So you can look forward to continued improvement in your magazine.

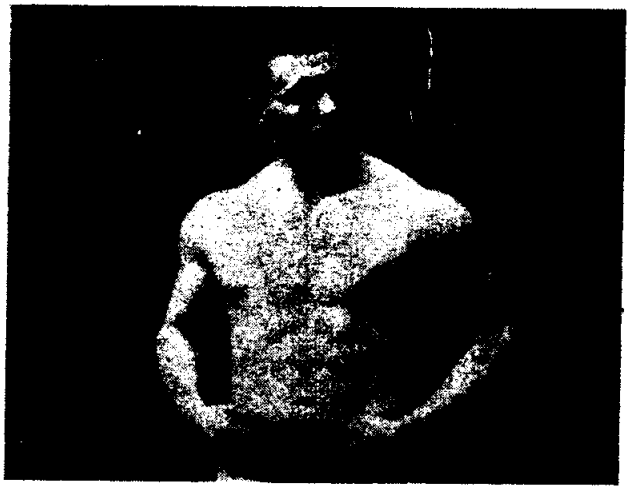
May we draw your attention once more to our book, "WRESTLING, The Admiral Lord Mount-Evans Style." This book has been specially compiled in order that you may have a better idea of your favourite sport, and so that you will be able to follow it with a more critical eye. It has been produced at the very low price 5/-, and it is a certainty that present supplies will soon have been sold out. Any reprint of this book will cost at least 50 per cent more, due to increased costs. You are strongly advised to send in for this book without delay, and if you have any wrestling friends anywhere and are thinking of sending them a present for Christmas, then we think you could not do better than send them a copy, too.

It was non other than VIC HESSELLE that you saw on page 9 wearing glasses and false nose. Did you guess it right?

The Life of Hackenschmidt

By JOHN VALENTINE.

SIXTH INSTALMENT.



THE LONDON PAVILION "FAKE."

IN the light of subsequent events the description of the Madrali-O'Rourke match in the Press is interesting reading. It ran: "The London Pavilion was crowded yesterday on the occasion of a championship match between Ahmed Madrali the 'Terrible Turk,' and Pat O'Rourke of Cork, who met for $200,00 aside and a prize of $600.00 in the catch-as-catch-can style. Madrali, who has never been beaten, is twenty-six years of age, stands 6 feet high and weighs 224lbs. His opponent is 30 years of age, stands six feet high and weighs 230lbs.

"The Irishman has done most of his wrestling in Queensland among the miners. Facing the ring, he looked a stone lighter than the Turk, who from the start made all the play. It was soon evident that O'Rourke was not equal to cope with the Turk, and after vainly attempting to secure a leg hold, he was fairly downed in 5 mins. 30 secs.

"The second fall was of even shorter duration. Again Madrali was the chief aggressor, and though once the Cork man attacked, he was soon defending. In fact, in 4 mins. 3 secs he was fairly rolled over, and Madrali thus won the match by two falls to none."

THE SCENE AT OLYMPIA.

At last the eventful day dawned, and the run for seats at the scene of the battle royal, West Kensington, was unprecedented in the annals of wrestling. The first glimpse of the arena was most inviting, and it was evident that the electricians had been busy attending to the extra lighting of the claret-clothed ring, which on such ooccasions is necessary, if the contest is to be retained for reproduction at any time by the cinematograph process. But Antonio Pierri and Tom Cannon gave Hackenschmidt's agent to understand a few hours before the match that Madrali would not enter the ring without they shared in the profits of the films. Something went wrong with the works, however, and those people who were relying on witnessing the contest second-handed were doomed to disappointment. As everyone knows, the Olympia is a vast structure, and Mr. George Harrington, who acted as M.C., was provided with a megaphone, but he told me afterwards he preferred his own lungs for announcements. Not withstanding the vast amount of interest in the affair the ubiquitous Mr. Charlie Wells, who officiated as Press agent, was staggered to receive no fewer than 1500 applications for Press tickets from all parts of the British Isles and the Continent, which was too large an order to receive full attention. But the army of knights of the pencil who received complimentary tickets were accommodated with seats in the area, and this was much appreciated by the 'fourth estate.' A few days before the big contest Hackenschmidt unfortunately sustained an accident to his right ear, and also his arm, which necessitated treatment at the Charing Cross Hospital. His ear was swollen to a large size, the injury to his arm prevented him from taking wrestling exercise, with the results that in many instances odds of 6 to 4 were laid on the Turk coming out of the ordeal with flying colours. It was rumoured that the match would have to be postponed, but Hackenschmidt said: "Nothing will induce me to put off the match. I would rather fight injured as I am than have it said, as it would be, that I funked at the last moment. I shall win easily, injured or uninjured. 'I am quite certain I shall throw Madrali. I have never found anybody who can stand up to me." Hackenschmidt, who eschews tobacco in any form, did not complain of his 'balloon' ear being detrimental to him; but he had decided he would go at full pressure throughout the match. The following were the measurements of the pair:—

Hackenschmidt		Madrali
208lbs.	Weight	224lbs.
5ft. 8ins.	Height	6ft. 1in.
20ins.	Neck	19ins.
52ins.	Chest	48ins.
19ins.	Biceps	18ins.
33ins.	Waist	not given
28ins.	Thigh	30ins.
17ins.	Calf	16in.
15ins.	Forearm	not given

There were 8000 spectators present when Madrali entered the ring amid a buzz of excitement a couple of minutes after nine o'clock, the Turkish wrestler received an enthusiastic reception. Hackenschmidt mounted the platform a few seconds later amid a roar of applause, and there was a little straining of necks to weigh up the gladiators to an ounce.

The Russian, who was at one time a marvel of agility, considering that he was capable of clearing six feet at a running high jump, and standing five feet, was seconded by Jacobus Koch and Fernmand

Gruhn, and the Turk was attended by Tom Cannon and Antonio Pierri. Mr. T. George Dunning, who is deservedly popular in Metropolitan journalistic circles, was appointed referee, and Mr. Victor Mansell acted as timekeeper.

Time! A spell of silence followed. It was seen as the pair advanced to the centre that Madrali had a great advantage in both height and reach over his opponent. They started with neck holds, but these were immediately broken, after which there was sparring with hands for an opening. Suddenly Hack darted forward, and took his man round the body, holding him there as if in a vice. Lifting Madrali bodily up, he swung him round, and after the pair had quivered like two sturdy oaks in a fierce gale the 'lion of all the Russians" dashed his antagonist to the mat, and fastening on his prey had won the match in 44secs.

When Madrali rose it was seen he was in great pain, and his right arm was abnormally swollen. Tom Cannon called for surgical assistance for the injured wrestler, and it was soon discovered by Drs. Jackson Lang and Charles Kingsbury that as a result of the heavy fall he suffered an anterior dislocation of both bones of the right arm, an injury that altogether prevented him from continuing the contest. Although disappointed at the short duration of the bout, the victory was very popular and the 'victor of Olympia' was chaired after leaving the ring. But the quick decision of the contest probably saved a lot of unpleasantness, as it was found that forged admission tickets had been in circulation and many people were being requested too give up seats when the "grate fite" came too an abrupt termination. Having made careful arrangements for a lightning-like exit immediately after a fall was secured, I had the satisfaction of being the first eye-witness of the affair to flash the result all over the country. It is no exaggeration to say that never were the great muscular powers of the Muscovite more emphatically shown than when he lifted Madrali bodily up, and gave the Oriental his quietus in a minute.

Being on a visit to the Palace, Manchester, the following Wednesday afternoon, I had a chat with the champion of the champions. After wishing hearty congratulations on his success at Olympia I immediately commenced to bombard him with questions, especially when I saw at a glance that he wore a most infectious smile, and had the cheerful spirits of the boy home from school.

"Had you practised the manoeuvre which you so suddenly out-generalled the Turk with?" I asked the Russian. "Yes," he replied, "I was always trying to perfect this hold, and if I had failed in my first attempt, I had four more tricks to perform on the Turk."

I asked him which wrestler had given him the hardest fight he ever had. He winked his boyish face in contemplative mood, and then, with a merry twinkle in his eye, remarked, "I cannot say, for I have wrestled soo many. But the man I tried my hardest to wrestle was Jack Carkeek."

I afterwards suggested a match between the seconds at Olympia, Antonio Pierri and Jacobus Koch, and F. Gruhn and Tom Cannon, but the prooposal was not carried out.

(END OF SIXTH INSTALMENT)

The PYE'S drop in for lunch! HARRY and JACK PYE, two of that well known riotous wrestling family from Doncaster, call in at a London restaurant for a bite whilst on their way to a Southern wrestling stadium, where some unsuspecting wrestlers will most likely get the shock of their lives later on in the evening.

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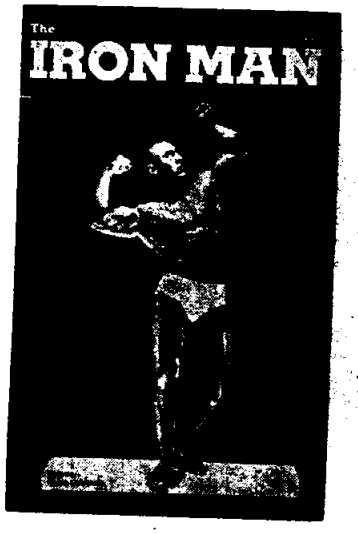

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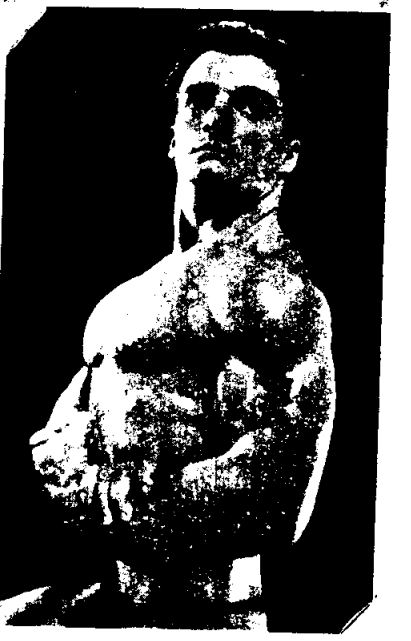

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